

**Section 2AAA CC Meet  
Tuesday Oct 24, 2023  
Gale Woods Farm,  
7210 Country road 110 West  
Minnetrista Mn 55364**

Races: **Varsity only**, Boys and Girls

Time Schedule:

3:10 Coaches Meeting

3:40 Boys 5,000 meters

4:10 Girls 5,000 Meters

5:05 + awards

Trophies to the top 2 teams plus team medals (10) - 9 runners and **coach**).

**Medals to the top 10 individuals**, plus any State Meet Qualifiers.

**NOTE:** Medals will be awarded to individual qualifiers who do not finish in places first – tenth who are not members of the winning teams, but who will advance to the state meet.

Advancement from Section to State

1. Team: The first and second place teams from each section shall advance from each section.
2. Individual: The first **6** individual finishers from each section meet who are **not** members of the 1st & 2nd place teams.

**Entires:**

You may enter up to 9 runners

You may only run 7 at the meet

Top 5 finishers score for each team.

Teams with less than 5 will not be scored

Josh Gerber of Wayzata results will be doing the timing

**LANE ASSIGNMENTS**—drawn at random. From left to right looking downs the course

- |               |                 |               |            |
|---------------|-----------------|---------------|------------|
| 1. Prior Lake | 2. Eden Prairie | 3. Chanhassen | 4. Waconia |
| 5. Minnetonka | 6. Shakopee     | 7. Chaska     |            |

**Trainer:** Chris Thein from IAM on site 2:30-5:30

**REMINDERS:**

School Participation Requirement

Each school must compete in three (3) separate high school varsity meets to qualify for entry into a League sponsored tournament.

Meet Rules: The meet will be conducted under the guidelines of the Minnesota State High School League and NFHS Rules Book. All contestants must wear a school issued uniform. This includes running shorts over leotards or tights.

Chips are on the runners BIB. Runners are to run across the mat at the finish and keep moving to clear the area. NO chip/bib return

**2023 Jury—TBD if required 3 schools will be selected**

**Any JV runners** are considered spectators and must use the spectator areas.  
Any varsity runner with a bib, but not running must stay off the course during the race. They are considered spectators.

**No dogs Allowed.**  
**Please share with**  
**Parents**

**Volunteer assignments:** Maps are available at finish line if needed.

Please check in at the start area so we know your assignment is covered.

**Orange RACE OFFICIAL bibs** are available at the finish line

Primary responsibility is to keep spectators OFF the running course and to observe the runners for any infractions.

1. At the Green House area 175 meters from the start: **Chaska**
2. Where the runners turn from grass/road to just the grass: tbd
3. Bottom of the hill (where there is a toilet): **PriorLake**
4. Top of hill the “T” where runner take their 2nd loop: **Chanhassen**
5. Bottom of hill/curve (old girls cut off) picnic table and trash can: **Shakopee**
- 6.. 2 mile marker area: **Eden Prairie**
7. back stretch where old girls route re-enters the mail trail: **Minnetonka**
8. finish area 20 meters in front of the finish line: **Waconia**